

# The Sacramento Gender Association

Volume Two, Issue One

Jayne Rountree  
Commemorative Library  
Lambda Community Center  
Sacramento, CA



## PRESIDENT'S MESSAGE

*Linda Lee*



I wish to thank the voting membership for their support and confidence to elect me to the position of President. Your thoughts and feelings go with me.

Due to unforeseen circumstances, I will be stuck in Red Bluff for the immediate time being, at least until my home is sold. I have asked Wittnie to handle the day-to-day activities for me in the position of Vice President until I can resume a more active role. I suspect that this absence will only be for one or two months. I will make every attempt to attend as many meetings as possible during this time.

On election night, the newly elected board made a short absence to a quiet place to discuss some ideas and possible positions to be assumed. We had discussed some future plans without a firm commitment. We will be meeting again prior to the next scheduled meeting to iron out the details. I have many ideas and suggested activities planned for submission to the board for their approval and discussion.

I wish to thank Ava for her support and assistance with the elections and help with the "changing-of-the-guard." There are many details that have to be taken care of and Ava has been very patient with making sure everything goes well. ♡

## CROSS SECTION

Lisa A.

The new fiscal year begins for the S.G.A. this month with thoughts of gratitude for those who helped make the past year a successful one. Thanks to all involved, especially to Ava and Wittnie for a job well done!

Some exciting events are in the works for this upcoming year, such as special S.G.A. galas, and also group events out in the "real" world. We're also looking into possibly expanding our meeting schedule so that we'll have gatherings on the other Saturday nights - and these new "off-Saturday" meetings may be held at a friendly and *QUIET* establishment! Stay tuned, folks!

Meanwhile, I'm researching the possibility of putting the S.G.A. on the Internet. If this happens (and I'd have to think that it's likely), we'll be able to reach hundreds (or thousands) in the Sacramento area who are TG'd and unaware of our group. Whew! Now that's exciting! Best of all, this extra exposure should cost virtually nothing at all to our group, since the technical work will be volunteered by a, uh, "nerdy" S.G.A. member.

.....

Speaking about the Internet, it seems that I've been spending a lot of late-night and early-morning hours transfixed in front of my computer, which is due to my damn addiction to the chat rooms on the Net. In my case, it's the transgendered chat rooms. For non-computer users, neo-Luddites,

## Just Wanted to Say...

This is my first time writing something for our newsletter, so I hope it comes out the way it is in my head. I will start by saying thank you to everyone in the S.G.A. for being there and helping me for the past few years.

I was out at J.T.C.'s the other night, and to my surprise there she was, our one and only Linda Lee, so I talked with her for a while and I found out that she is now the night manager of J.T.C.'s. Most of you girls already know that, but it would be very nice if everyone stopped by and said hi to her. (*Editor's note: Linda Lee has since moved on to bigger and brighter pursuits and no longer works at J.T.C.*)

Now I would like to say a few things that are on my mind, so please give me a chance. First, a few years ago when I came into the S.G.A., I was very sick, and all my doctors said I did not have much time left to be walking on this Earth. But I have passed that time, and I am still around. I think I am still here because of all you girls in the S.G.A. Because of you and all of your care and concern you have shown just gives me the drive I need to keep going. I still have my bad days, but I know if it gets too bad I can always call one of you girls. Well, enough on that because I don't want any one of you to feel sorry for me. Just be a friend, which all of you are. God Bless.

You know, the first time I came out to my first S.G.A. meeting, I did not know what I was in for, but I had fun. I had no idea how to put on make-up or do anything else, but I got a lot of

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## Sacramento Gender Association

Blue Rose Chapter  
P.O. Box 215456  
Sacramento, California 95821-1456  
Phone: (916) 482-7742

The Sacramento Gender Association (S.G.A.) is a non-sexual, membership based organization for those interested in participating within the gender-gifted community and its related issues. The S.G.A. exists to provide support, educational resources and recreational activities for those in the gender community and their friends and family. Membership is open to all regardless of gender or sexual orientation.

### BOARD MEMBERS

President ..... Linda Lee  
Vice President ..... Wittnie P.  
Secretary/Treasurer ... Bernadette H.  
Communications Officer ..... Lisa A.  
Social Activities Director ... Diane R.

## S G A Newsletter

### Editors

Lisa A. • Michelle R.

**Typesetting and Graphic Layout**  
Michelle R.

### COURTESY ADVERTISEMENTS

Business cards and other small advertisements are provided at no charge for a three issue period to professionals and businesses providing services, support, seminars or talks. Please patronize these businesses.

The S.G.A. Newsletter is published monthly the first week of each month. Submissions should arrive at S.G.A. by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of the S.G.A. Other organizations may reprint or reproduce uncopied portions of the newsletter for their members provided S.G.A. is acknowledged. Copyrighted material may be reproduced with written permission from the writer or author.

Article submissions may be: 1) Typewritten on 8.5 x 11 paper; 2) Provided on 3.5 or 5.25 disk in WordPerfect, Microsoft Word 2.0 or ASCII text; 3) E-Mailed to either of the newsletter editors; 4) Faxed to (916) 272-1940 (confidential, dedicated S.G.A. Newsletter fax line). We will attempt to publish ALL articles.

## Wittnie's World

**W**ell, the elections are over. The results I am sure will be addressed by another board member. What I would like to discuss is the membership itself.

As of March 23, 1996, there were 63 paid members, of those 63 only 25 voted in the elections — that's only 39.68% of the voting membership. Clearly the remaining 60.32% don't care enough about the S.G.A. to even vote. One newly elected board member received only 20% of the membership vote, and there was only a two vote difference between two nominees being elected to the board.

As voting members, you get to choose who will represent your ideas and direction of the Association. With such a small membership, even one vote counts.

The S.G.A. board is supposed to represent each facet of the whole. I thought it interesting enough to mention that only persons self-identified as transgendered or transsexual made enough votes to be elected to the board. Where are the crossdressers, post-op transsexuals,

the Queens and transvestites? Most importantly, where are the members?

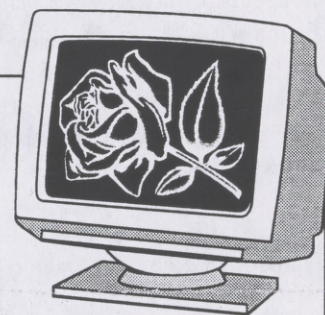
I have only missed one meeting in the last three years of my membership. I am sure I have counted more than 63 people attending S.G.A. functions over the years. Are we a group of tag-alongs just following the crowd? Or are we a group of people with a lot of tag-alongs?

My desires for the S.G.A., as an elected representative, is composed of many questions presented by individuals through conversation and sharing of ideas. Members, please share your feelings with the board. Members, please get involved! If all you want to do is watch the four corners of your cell, thank you for your donation, and thank you for the ability to change the S.G.A. without your input.

In closing, I would like to thank the voting membership the opportunity to serve on the board for another year. This year, I hope to only wear one hat rather than act as Vice President, Communications, Social Activities, Vice Secretary, Co-Outreach Chairperson, and Newsletter Editor. I wish to thank Ava for the opportunity to work with her over the last two years and appreciate the assistance and confidence she has given me over the last few months. 🌹

## COMPUTER USERS

*Talk With Other  
S G A Members  
via E-Mail...*



| Member      | Internet                  | Compuserve | AOL        |
|-------------|---------------------------|------------|------------|
| Anyse       | KJOSLIN@NS.NET            |            |            |
| Ava P.      | 75224.1767@COMPUSERVE.COM | 75224,1767 | AVA4SGA    |
| Linda Kay   | NICK@IX.NETCOM.COM        |            |            |
| Linda Lee   | 73134.567@COMPUSERVE.COM  | 73134,567  |            |
| Lisa A.     | 1234567@NS.NET            |            |            |
| Michelle R. | MICHELLE9A@AOL.COM        |            | MICHELLE9A |
| Renee L.    | RL1214@AOL.COM            |            | RL1214     |
| Shelby B.   | SHELBY@IBM.NET            |            |            |
| Toni Clark  | EPHEMERAE@AOL.COM         |            | EPHEMERAE  |
| Wittnie P.  | 76100.122@COMPUSERVE.COM  | 76100,122  |            |
|             |                           |            |            |
|             |                           |            |            |



## To All Interested SGA Members...

**A**t the meeting of 3/9/96, I was contacted by a T.S. (Veronica) as to whether there is a support group for T.S.'s in transition, my answer was sadly no. So she asked if I would like to start one up, so (like a fool, as if I don't have enough going on with school, et al.) I said yes. This is what we came up with. I will be the organizer of people and she will be the place organizer. So if you're interested in meeting once, maybe twice a month give me a call, and I'll do my best to try to get this thing flying. It is open to ANYONE (TS, TV, TG, CD, etc.) interested in talking about your concerns of transition, passing in public, telling family members, or whatever.

The idea right now is to *not* have any professional people to start with, but rather an exchange between just us girls. Maybe later if a "shrink" wants to join in, we'll let her/him, as most of the so-called psychologists are learning about us as they go along.

Veronica has secured a meeting room at the Lambda center for the second and fourth Fridays of each month for these meetings. There is going to be a \$10 charge for the use of the room that Veronica and myself are going to be responsible for, so we'll have to pass the hat at each meeting to defray this cost. As this is not a club sponsored function, contributions will be gladly and expectedly accepted. Our first meeting is set for Friday, April 19 at 6:00 PM.

So give me a call at (916) 622-3998 (please no calls after 9 p.m.) or write me: Julieanne Scott, P.O. Box 3334, Diamond Springs CA 95619, and we'll see if we can get something going.

Hope to hear from ya soon. 🐰

PEACE to YOU, LOVE from ME,

*Julieanne*

X O X O X

**Renew** YOUR  
S.G.A.  
MEMBERSHIP TODAY!

## Out There

**T**he annual election to select board members is now history. There are some hurt feelings and divisions in our group, maybe inevitable but hopefully not a permanent part of our unique landscape. We exist primarily to welcome new members in a safe and compassionate environment.

This social scene we share keeps the group functioning, but it is new members who widen the circle amongst ourselves and the community at large. To grow is to be more visible, and this visibility fosters acceptance.

The S.G.A. is poised to grow in healthy directions, with lots of new ideas — an outreach committee, more political awareness, requests for more educational material — all good signs

for sustained growth. To move ahead will require a more responsible and energetic group. The recent past saw Ava and Wittnie doing everything. Thank you ladies for your selflessness and perseverance in the face of what was a shrinking membership. That was then and this is now; you got us here.

I'd like to thank you voters for placing your confidence in me again. I'm always open to your suggestions and value each of you for your individuality.

This is very much about having fun, but please remember to introduce yourself when you see a new girl or couple in our midst. The newcomers' first impression is often the difference between a desire to return to the group or the closet. Not everyone is as brave as you are, but they could be. 🐰

*Bernadette*

## Nucleus For Health

**Tina Louise**

**T**he latest "news" in the beauty and fashion magazines is that "now" beauty companies are formulating their skin care products with vitamins. It appears that studies have shown that vitamins A, C, and E applied directly to the skin can help protect it from free radical damage.



This isn't news to the

natural health publications. Its been known for years that the sun, cigarette smoke, pollution, etc. produce environmental aggressors called free radicals which eat away at your healthy skin cells, breaking them apart and ultimately causing your skin to lose moisture and elasticity. With this "oxidation" your skin ends up with wrinkles, bags, and uneven texture and pigmentation.

*Continues on page 8*



## APRIL 🐰 1996

| SUN  | MON | TUES | WED | THUR                              | FRIDAY  | SATURDAY  |
|--|-----|------|-----|-----------------------------------|---|---|
|  | 1   | 2    | 3   | 4                                 | 5   | 6   |
| 7<br> | 8   | 9    | 10  | 11                                | 12  | Dinner: 7:00 PM<br>JOSEPH'S T&C<br>Social: 8:30 PM<br>JOSEPH'S T&C 13 |
| 14   | 15  | 16   | 17  | 18                                | T.S.'s In Transition<br>Group Meeting<br>6:00 PM<br>LAMBDA CENTER 19                        | 3rd SECT F-2-M<br>Group Meeting<br>11 AM - 2 PM<br>LAMBDA CENTER 20   |
| 21   | 22  | 23   | 24  | 25<br>Deadline<br>for<br>Articles | 26<br> | Dinner: 7:00 PM<br>TEA CUP CAFE<br>Social: 8:30 PM<br>JOSEPH'S T&C 27 |
| 28   | 29  | 30   |     |                                   |   |   |



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**Ty Hedblad, Ph.D.**

Clinical Psychologist  
 7850 Hubbard Rd. • Auburn  
 For Appointments: 885-2152

**Sandra Reichus, A.C.S.**

Clinical Sexologist (Board Certified)  
 1403 28th St., #206 • Sacramento  
 For Appointments: 452-3231

**Michael P. Semmens**

Attorney At Law  
 3535 Marconi Ave., #212 • Sacramento  
 For Appointments: 482-6878

**PLEASE BE SURE TO MENTION  
 YOUR S.G.A. MEMBERSHIP!!**



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 Full Figured Women

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Please Call For  
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*Cross Section continued from page 1*

Pennsylvania Amish, etc., a chat room is where people gather in cyberspace (computers connected through networks) and chat. It's like a group discussion, except everyone is typing instead of talking. Typically, you'll have a bunch of names generating words on your computer screen and you're free to add to the discussion or reply to any chat member in that group. It's fun since you can ask questions to strangers with little inhibition, which can lead to some pretty deep and personal "conversations". And since this is the Internet, people from all corners of the globe are connected together at the same time. You can also just sit and watch the others talk (called "lurking" in netspeak). For example, I lurked during a conversation between a Jean-Pierre in Paris and a Yvonne in New York in one popular TG chat room:

Jean-Pierre: "I like to date TS women."

Yvonne: "I like men!"

J-P: "What do you look like, mon cherie?"

Y: "Well, I'm 25, about 130 lbs., blonde, 5 foot 7."

J-P: "Ah, but you are so very beautiful. We must exchange our e-mail addresses!"

Y: "Perhaps, but tell me about yourself first."

J-P: "Well, I am 40, I am tall, I am a very successful businessman, I am the owner of a yacht."

Y: "You sound very interesting."

And so on...

Well, if you've seen enough of this stuff, you realize that a lot of crap goes on in the net.

The beauty of cyberspace chat is that you can lie like hell and get away with it. Most likely, "Jean-Pierre" is really a pimply 19 year old in Fresno and "Yvonne" is a retired ex-marine somewhere in Texas. They both

*Continues on page 5*

*Just Wanted To Say... continued from page 1*

help and I did it. Now after a lot of trying and making mistakes, I have learned a few things. I found my own style of clothing and I feel better about myself. I think it doesn't matter what you wear, just feel good about yourself and you will be a better person. I now go to places that I would not have gone to at first, even if I want to wear a dress. Oh no, I don't believe I said I wear a dress, now everyone knows. But I don't care anymore if people and friends find out, it is my life and I will wear what I want when I want.

Well, I think I better stop writing soon or else Ava will charge me for space in our newsletter, but here's something for our new members: Please believe me, all of you new girls, hang in there. Just go out there and have fun because life is too short, and you shouldn't waste one minute of it. Thanks for coming out, and I hope to see some of you at J.T.C.'s.

Also, thank you once again to the S.G.A. for being there when I needed the support and caring in my life.

**Debbie Martin**

P.S. May God bless each and every one of you girls.



**NEWSLETTER  
 TITLE CONTEST**

**Girls:** We'd like to give the S.G.A. Newsletter **A NAME!** For example, the Diablo Valley Girls' Newsletter is called "Devil Woman".

Contest is open to all current S.G.A. Members. Please submit up to three titles. The winner will receive a **FREE DINNER AT EITHER THE TEA CUP CAFÉ OR JOSEPH'S T&C.**

Send your ideas to: S.G.A., P.O. Box 215456, Sacramento, CA 95821, or E-mail one of the newsletter editors, or fax your entries to (916) 272-1940.

**WINNER TO BE ANNOUNCED  
 AT JOSEPH'S ON MAY 25th.**

Judges: Board Members In Attendance 5/25

**MICHAEL P. SEMMENS**

ATTORNEY AT LAW



**482-6878**

3535 Marconi Avenue  
 Suite No. 212  
 Sacramento CA 95821



*Cross Section* continued from page 4  
probably know that this all a put-on,  
but what the hell, it's a lot of fun!

.....

An interesting factoid appeared recently on CNN's Headline News during one early morning program (I'm an insomniac at times). It stated: "There are 2.9 billion men and 2.8 billion women in the world." After a little simple arithmetic, we find that there are 100 million MORE MEN than WOMEN!

This may seem surprising at first, since we think of all those guys getting killed in wars and of all those girls outliving their hubbies, but a check of basic human biological statistics shows us that birthrates are a bit over 51% in favor of male babies! Anyway, to get to the point (after all this boring drivel), we now realize that OUR niche in the world has a noble purpose! So the next time you put on that frock, do it with the proud knowledge that you're doing your part in helping humanity balance this terrible numerical gap between the sexes!

It's hard not to be touched by Debbie Martin's heartfelt letter of appreciation (*Just Wanted to Say*) to the S.G.A. Thanks, Debbie, and keep up your good fight! We're all standing by you! It's from a letter such as yours that makes us realize how important it is to support and cherish one another!

Best recovery wishes go out to Krystal and Anyse as they mend from their respective surgeries. Krystal, as you may have heard, broke her hip in a roller-skating accident a couple of weeks ago. Anyse has had a major operation to extract a large benign (but very life-threatening) tumor on her pancreas.

Both of you two, get well soon so that we'll be seeing you again at our meetings! We miss you! ☺

### SPECIAL MEMBERSHIP DINNER MEETING

Saturday • April 27 • 7:00 PM

*Tea Cup Café*

1614 - 21st Street • Sacramento

**MAKE PLANS TO ATTEND!**

## Places To Dine



### Joseph's Town & Country

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483-1220

Friday & Saturday 5:00 - 10:00

Sunday Brunch 10:20 AM - 2:30 PM

### Tea Cup Café

1614 - 21st Street • Sacramento ④

Open Daily 'till 9:00 PM

### Hamburger Mary's

1630 "J" Street • Sacramento ⑦

441-4340

Open Daily 10 AM to 10 PM

### The Townhouse

1517 - 21st Street • Sacramento ③

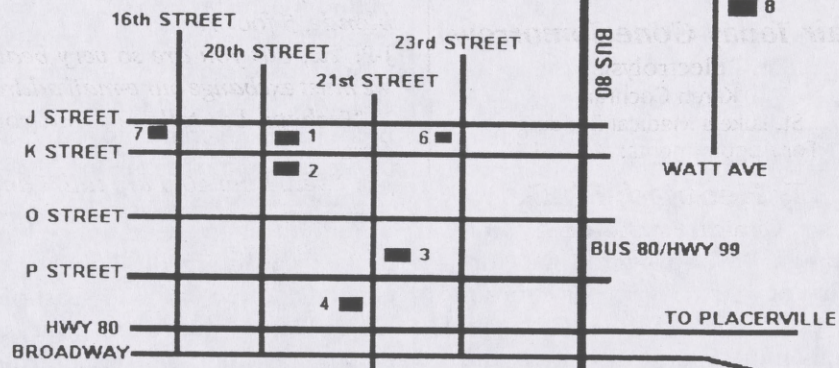
441-5122

Friday & Saturday 5:00 to 7:00 PM

### The Cornerstone

2330 "J" Street • Sacramento ⑥

441-0948



## Places To Dance



### Joseph's Town & Country

3514 Marconi Ave. • Sacramento ⑧

483-1220

### The Townhouse

1517 - 21st Street • Sacramento ③

441-5122

### Faces

2000 "K" Street • Sacramento ②

448-7798

### The Western

2001 "K" Street • Sacramento ①

443-9831

## JOSEPH'S town & country BAR AND RESTAURANT

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## EDITORIAL

**H**i all! I'm one of your editors now! Yeah, I know, you're thinking "There goes the newsletter." Fear not, since Michelle is also an editor, so no matter what I do, she'll keep this production ship-shape.

For the record, Michelle and I agreed to split this duty before the official votes were counted, so we avoided a nasty catfight and remained friends. The actual results showed that she had a few more votes than I did, so I feel pretty lucky that we made this agreement! I'm also feeling mighty glad that the newsletter has Michelle's talents on tap since she's really a professional at this sort of thing.

Oh yeah, editorials are suppose to be serious, even political. Okay, here's something:

My recommendation for the Republican Presidential Nomination is Bob Dole.

My recommendation for the Democratic Presidential Nomination is Bill Clinton.

How's that? Sorry, I don't have a clue about either Perot or Buchanan.

Anyway, we'll do our best to keep the quality of this newsletter to the level that Wittnie had it during her term. These are mighty big shoes to fill! They were size 12s, right, Wittnie?

Enough! We have a good start for our first newsletter since it's chock full of articles! We'll also stock the pages of the upcoming issues with timely and helpful pieces from resources such as the Internet. And we won't hesitate to stir the pot once in a while with S.G.A. issues that we feel strongly about, even if there might be controversy and disagreement.

So sit back and enjoy this first issue of the new newsletter! Well, don't sit back if you're on a barstool.

One last thing: We're having a contest for a newsletter name! So put on your thinking wig and take a crack at coming up with a killer name! Oh, and THERE IS a FABULOUS PRIZE for the winner of the contest! Look for the contest announcement on page 4. 🐾

*Lisa A.*

## Ask Julieanne

**I**would like to do an on-going article for the newsletter entitled "*Julieanne's Research on Development*". In the past 3-4 years, I've been operated on three times, been in bankruptcy court, been in divorce court, had a bitter custody battle over my children with my ex-wife in regards to my transsexualism.

Through all this nonsense I've spent many hours in medical, law and public libraries researching information to fight my battles, for I could not afford an attorney to represent myself, so my dear girlfriends I have accumulated a vast knowledge on a great many subjects that many of our "clan" could find useful, in their pursuit for a fair trial.

So I submit to you to tap my knowledge or make me research it for you. I have developed a friendship with the librarian at the law library, and due to my studies in the medical field, I have access to a lot of information that would otherwise be difficult to find for the lay person, due to the terminology being foreign to most.

So think them up, write them down and send them in to the S.G.A., P.O. Box 215456, Sacramento, CA 95821, or directly to me at P.O. Box 3334 Diamond Springs CA 95619.

Your questions need not be limited to the legal and medical fields, I was a general contractor for 15 years of my life and know quite a bit about building homes and home repair. I also know a lot of good auto mechanics.

Hope to hear from you soon, Peace to you. 🐾

Love from me,

*Julieanne*

*P.S. Maybe we should call it "Ask Julieanne"... you know like "Ask Heloise".*

*A "Girls' Store"*

LINDA'S CLOSET

A Crossdresser building a business on a few simple rules:  
discretion, care, honest retail prices, finest quality,  
product guarantees, selection and service.

Contact Linda Lee  
At SGA Functions

RULE NUMBER ONE:  
Start with a FREE Catalog!

## GENDER RELATED Groups & Activities

### Pacific Center for Human Growth

A counseling-oriented growth center, sponsors all-inclusive gender support groups on the last Friday of the month at 8:00 PM. 2712 Telegraph Ave., Berkeley. Call (510) 841-6224.

### Rainbow Gender Association (R.G.A.)

Meets the 1st and 3rd Friday of the month, 8:00 PM, at the New Community of Faith Church, 6350 Rainbow Drive in San Jose. Write: R.G.A., P.O. Box 700730, San Jose, CA 95170. Call (408) 984-4044.

### Diablo Valley Girls (D.V.G.)

Meets the 1st and 3rd Monday of every month at 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write: D.V.G., P.O. Box 272885, Concord, CA 94527-2885. Call (510) 937-8432.

### The Tenderloin Self-Help Centre

A project of the Central City Community Hospital House, funded by the Community Mental Health Services. Meets every Wednesday, 4 to 6 PM, at 191 Golden Gate, San Francisco. Call (415) 554-0518.

### F.T.M.

A support group for Female-to-Male crossdressers and transsexuals. Holds both informal meetings and closed support meetings. Write: F.T.M., 5337 College Avenue, #142, Oakland, CA 94618. Call (510) 827-2646.

### Educational TV Channel (E.T.V.C.)

The largest organization of this type in Northern California, providing a wide variety of support including rap groups, a S.O. support group, print and video libraries, outreach, educational and lots of social activities. Write: E.T.V.C., P.O. Box 426486, San Francisco, CA 94142-6486. Call (510) 549-2665. Or Voice-Mail: (415) 334-3439.

### Lambda Community Center

Sacramento's largest G/L/B organization, providing a wide variety of support and participation in community activities and awareness. 919 - 20th St., Sacramento. Call (916) 442-0185.

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349-1722



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# 3rd SECT

## An F-2-M Gender Support Group

With Membership Open to All F-2-M Persons in All Stages and their Significant Others.

Calendar of Events to be Scheduled.

Bi-Monthly Social Events • Monthly Camp-Outs and Trips  
Quarterly Joint Meetings with Additional Support or Peer Groups  
Professional Talks and Seminars • Your Input Suggested and Needed

### MONTHLY MEETING

April 20th • 1996

LAMBDA CENTER

11:00 AM to 2:00 PM

For Additional Information Or Meeting Times,  
Please Call Jami at 854-4942  
Or Jonathan at STYMIE@NETCOM.COM

### UPCOMING ACTIVITIES

— Include —

Rafting Trip:

Date To Be Announced

Camping Trip: July 4 Weekend

## High Hopes

I want to take the opportunity to thank you girls for welcoming me into the S.G.A. and allowing me to contribute as an editor and graphic designer for your newsletter. I feel honored.

Having been an S.G.A. member only four short months, I haven't had the pleasure in meeting some of you yet — we seem to be at different tables or at opposite corners of the room. Upon coming out in November and joining S.G.A., I'm meeting and making friends like never before. It's hard to put into words — the very existence of a group such as S.G.A. to encourage one, like myself, to express and present myself in gender of preference. Just six months ago, going out in public as a woman

would have been unthinkable. Now I just do it and feel good about it — even taking a walk down J Street or going to a movie with my wife or a friend. Being content in that regard — is it easier to make friends and develop relationships? It's a matter of accepting yourself as you really are and just feeling good.

I want to thank Ava for all the hard work she put into the S.G.A. For three years, she answered the association phone, collected the mail, printed and mailed the newsletter, answered the computer e-mail, and more. Ava will be specially remembered as my (and other members') first S.G.A. contact. Ava, you deserve some special recognition for your years of dedication!

I'm glad to be involved in the production of our newsletter. And I feel lucky to be working together with

Lisa. She is a very gifted writer and editor. On the 23rd of March, before the S.G.A. elections, we talked and agreed to offer our services as a team, regardless of the votes. Everything is coming together very smoothly. Lisa, I'm happy to have you as a partner and a friend.

As I mentioned, this is *our* newsletter. It's a very important vehicle for communication within our group. It is a voice for all S.G.A. members. Every attempt will be made to print all articles submitted. If anyone has a suggestion or idea for improving our publication, please let Lisa or I know, or talk with one of our board members. We want our newsletter to be something everyone is satisfied and happy with. ♡

♡ Michelle



## Nucleus For Health *continued from page 3*

Your body, through a balanced diet, sends its own supply of natural antioxidants (vitamins A, C, and E) to your skin cells to neutralize free radicals. As the years roll by, our cells need additional infusions of these antioxidants. Taking supplemental vitamins helps a lot, but even the best multi-vitamin will only supply trace amounts of these essential antioxidants all the way out to the millions of skin cells.

Additional amounts of vitamins A, C, and E should be taken. I take 3000 to 4000 mg of C, 25,000 I.U. of Beta Carotene (A), and 800 I.U. of vitamin E every day, along with a good multi-vitamin in the morning and a high potency antioxidant in the evening.

Still, this professionally recommended dosage can not supply enough of the essential antioxidants needed to neutralize the attack of free radicals. So we need to fortify the skins ability to fend them off and to repair itself once the damage is done. By the way, vitamins A and E are essential in the repairing process.

Now beauty companies are getting around to formulating their skin care products to include vitamins A and E. These include: Estee Lauder's Day Wear Super Anti-Oxidant Complex, Lancome's Primordiale Visibly Revitalizing Solution, Bioelements Urban Detox and Pond's Prevent and Correct.

Sally Hansen's Skin Recovery products have been available for years. I have been using them for a year now and especially like the Purifying Facial Mask. I did feel these products were a little expensive so I welcome the entrance of more companies in this field for competitive pricing. In December, I discovered the Pond's products and their very affordable price. A 0.4 oz. jar of Age Defying Complex, about a months supply, sells for just \$2.00.

All these products have the active ingredient, alpha-hydroxy acids, which can be found naturally in fruits and plants. Used daily, this Alpha Nutrium can transform even rough damaged skin into silky smooth texture of healthy young skin.

As I mentioned in my column a few months ago, the use of a honey facial will help reduce wrinkles. Honey has been used for decades for this purpose, and costs only pennies a day to use, and there are no richer source of vitamins A, C, and E in the skin care market.

Since writing this column in February, there have been several related stories in the news media along with a first hand experience that I would like to share with you.

Starting with my experience which I'll spare the details other than saying that I fell flat on my face last month. The face was a mess. I actually fainted the next day while assessing the damage, and the typical comment from the public upon venturing out a few days later was, "my God, what happen to you?"



Besides a great deal of swelling, which included a forehead looking like a melon and a nose which would make any prize fighter proud, I had numerous lacerations from my forehead to the chin. The largest measuring 1/2 inch by 2 1/2 inches located above the left eye. I knew the swelling would go away in a few days, but the lacerations really had me concerned.

I decided to try an experiment a few days after the accident when the lacerations had scabbed over. I started applying honey facials twice a day. Within three days, I started noticing remarkable results — the scabs were coming off leaving just slightly discolored skin. As I continued with the facials, skin color was returning to normal. Just six days after the accident the scab over the largest laceration was reduced to minor proportions, and by the seventh day I was able to venture out to Joseph's. The reaction was amazement that I had recovered so fast.

Along with the honey facials, I applied liberal amounts of vitamin E oil to the damaged skin. I'm continuing to do this and, now a month later, I'm very pleased

with the results. I apply the oil in the morning and the evening, and I have returned to my normal three honey facials a week.

I've shared this experience with you to expand on the healing powers of vitamins especially when applied directly to the skin. Which brings me to my first news story — last week there was a feature story on a new serum called Cellex C. Recent studies have shown that this serum, which is basically a high concentration of vitamin C, when applied to areas of the skin with wrinkles shows remarkable reduction of the wrinkles. The examples showed various aged people with varying degrees of wrinkles. All showed improvement in just six weeks. As this serum is classified as a vitamin, you do not need a prescription to purchase it and it will be available at health food stores. However, Cellex C will cost about \$75 an ounce.

The second story is about an acne drug, Retin-A, getting approval by the FDA to be sold by its manufacturer, Ortho Pharmaceutical Corp., as a wrinkle reducer. There has been legal questions since the 1970's as to whether Ortho illegally marketed tretinoin for wrinkles, as it won wide popularity as a potent wrinkle remover. Now the company can sell a cream version under the brand name of "Renova". Unfortunately, you need a prescription to purchase Renova. Studies have shown that 24 weeks after using it, 30% of people had moderate improvement, 35% had minimal and 35% saw no improvement.

The final story comes from England where research has shown that vitamin E reduces the risk of heart attack by 75%. In fact, the researchers have gone so far as to say perhaps all one needs to do is to take vitamin E supplements. I made my recommendations in a column back in December and highly recommend the use of vitamin E with those. Good natural sources of the vitamin can be found in olive oil, nuts, and fish. This is perhaps why people of the Mediterranean have fewer heart attacks than people in the rest of the world. ♣

## New Board Members

(In order of votes received)

|                    |    |
|--------------------|----|
| Linda Lee .....    | 20 |
| Bernadette H. .... | 20 |
| Lisa A. ....       | 17 |
| Wittnie P. ....    | 14 |
| Diane R. ....      | 12 |

## Girls!

We're in the process of updating and expanding our referrals for products and services catering to the gender community, i.e. electrologists, psychologists, salons, clothing retailers, organizations, etc. If you have any additions, please let one of your newsletter editors know or drop us a note c/o the S.G.A. mail box.